

Q: What is Carpal Tunnel Syndrome and how can it be treated?

A: Carpal Tunnel Syndrome (CTS) is one of the most common causes of pain. There are a number of activities that may aggravate CTS. Carpal Tunnel Syndrome occurs when the median nerve is compressed in the carpal tunnel.

Symptoms may vary and include mild numbness and tingling on the palmar surface of a finger, or a more severe pain that radiates upward towards the shoulder. If untreated, symptoms become worse - affecting wrist, hand, or finger movement, as well as reducing grip strength and disrupting sleep.

Carpal Tunnel Syndrome is most often treated with non-invasive methods if diagnosed early. These methods include a period of rest from repetitive activity, and the use of anti-inflammatory medication to ease pain and reduce inflammation. In more severe cases, a minimally invasive surgical procedure known as an Endoscopic Carpal Tunnel Release is performed.

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